



City of Charleston

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South Carolina

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Special Events and Wellness Programs

FOR IMMEDIATE RELEASE
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FOR MORE INFORMATION
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18th Annual Lowcountry Senior Games April 26-28th

Springtime announces the start of beautiful weather to our area and the chance for seniors ages 50 and above to gear up for the tradition of the 18th Annual Lowcountry Senior Games.

Started in the 1990, the Lowcountry Senior games have provided the lowcountry seniors an opportunity to engage in activities that are designed to promote recreation, competition, fitness and socialization. Activities are broken down into age groups to provide for many opportunities for winners in each activity. Age groups are broken down in to increments of 5 years (50-54, 55-59, 60-64, and so on....all the way as old as you would like to be to join in!).

This year's activities will provide for golf and track and field events on Thursday evening, followed by a full day of outdoor and indoor games including horseshoes, bocce, spin casting, golf chipping, disc golf, basketball hot shots and free throw shooting, table tennis, and badminton, with a fun walk and a special addition of low impact aerobic sessions geared for seniors being introduced, and concluding with swimming and tennis on Saturday. Special Award presentations will be held throughout the event to honor the participants for their achievements during each session.

The City of Charleston, The Citadel, the Lowcountry Senior Center, Mayor's Council on Aging and local senior enthusiasts are carrying on the fun tradition of the Lowcountry Seniors to ensure that there is a place to celebrate positive physical activity and renew and build friendships for a lifetime.

Registration forms can be picked up at any City of Charleston recreation facility, the Municipal Golf Course or Lowcountry Senior Center. Applications are due back no later than April 20, 2007 for participation in this year's events. For more information on the games or on becoming a sponsor, please contact Paul Wieters at (843) 795-6517.